

### **Banana Berry Smoothie:**

Yields: 2 (serving size is 1 cup)

Prep time: 5 minutes

- 1 cup of skim or low fat milk
- 1 cup of frozen blueberries
- 1 banana
- 2 cups of baby spinach

Instructions:

Combine all ingredients in a blender until it is smooth.

### **Peanut Butter Smoothie:**

Yields: 1 (serving size is 1 smoothie)

Prep time: 5 minutes

- 1 cup of skim or low fat milk
- 1 tablespoon of natural peanut butter
- 1 tablespoon of chia seeds
- ½ cup ice cubes

Instructions:

Combine all ingredients in a blender until it is smooth.

### **Green Dream Smoothie:**

Yields: 2 (serving size is about 1 cup)

Prep time: 5 minutes

- 2 cups of baby spinach
- ¾ cup of skim or low fat milk
- ½ cup of plain non-fat Greek yogurt
- 1 tablespoon of natural peanut butter
- 1 frozen banana

Instructions:

Combine all ingredients in a blend until it is smooth.